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This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (currently amended): An adjustable armrest for a chair, comprising:

an armrest base member;

a support member slidably coupled to the armrest base member for movement along a path in first and second directions between first and second positions relative to the armrest base member, wherein the support member is biased into the first position; and

a device selectively retaining the support member in the second position, the device including a catch and a movable retaining member that is engagable with the catch to retain the support member in the second position, the retaining member disengaging from the catch upon movement of the support member to permit movement of such that the bias moves the support member relative to the armrest base member along the path from the second position to the first position even if no force is applied to the support member by a user.

Claim 2 (original): The adjustable armrest of claim 1, wherein: the device includes a push-push mechanism.

Claim 3 (currently amended): The adjustable armrest of claim 2, wherein:

the push-push mechanism includes a track having a heart-shaped end portion forming the catch.

Claim 4 (original): The adjustable armrest of claim 3, wherein:

the track is formed in the armrest base member;

the retaining member is rotatably attached to the support member and includes an extension engaging the track.

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Claim 5 (original): The adjustable armrest of claim 4, wherein:

the track includes an elongated generally straight portion, and the heart-shaped end portion is angled relative to the straight portion.

Claim 6 (original): The adjustable armrest of claim 5, wherein:

the heart-shaped portion of the track includes two lobes that intersect to form a notch, and the track includes an extension adjacent the notch that pushes the extension of the retaining member into the notch.

Claim 7 (original): The adjustable armrest of claim 4, wherein: the support member includes a padded cushion to support a user's forearm.

Claim 8 (original): The adjustable armrest of claim 1, including: a spring biasing the support member into the first position.

Claim 9 (original): The adjustable armrest of claim 1, wherein:

the first position comprises a forward position wherein the support member is extended forwardly;

the second position comprises a rearward position wherein the support member is retracted rearwardly; and

the retaining member disengages from the catch upon rearward motion of the support member.

Claim 10 (original): The adjustable armrest of claim 9, wherein:

the support member is movably coupled to the base to permit side-to-side adjustment of the position of the support member.

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Claim 11 (original): The adjustable armrest of claim 9, wherein:

the support member is rotatably coupled to the base to permit rotational adjustment of the support member.

Claim 12 (original): The adjustable armrest of claim 11, wherein: the support member rotates about a generally vertical axis.

Claim 13 (original): The adjustable armrest of claim 9, wherein:

the support member is movably mounted to the base to permit vertical movement of the support member to provide height adjustment.

Claim 14 (cancelled)

Claim 15 (withdrawn): The adjustable armrest of claim 1, wherein:

the armrest base member includes a slide member having opposite sides;

the support member includes a guide member extending around the opposite sides and slidably engaging the slide member.

Claim 16 (withdrawn): The adjustable armrest of claim 15, wherein:

the guide member is made of a polymer material and has a C-shaped cross section forming a channel; and wherein:

the slide block is disposed in the channel.

Claim 17 (withdrawn): The adjustable armrest of claim 16, wherein:

the slide member includes an elongated channel having a heart-shaped end portion; and including:

a pin slidably engaging the guide member and the channel.

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Claim 18 (withdrawn): The adjustable armrest of claim 17, including:

a spring that is compressed to bias the support member into the first position.

Claim 19 (withdrawn): The adjustable armrest of claim 18, wherein:

the slide block defines four corners, each includes a raised surface portion having a contour that closely matches inner surface portions of the guide member.

Claim 20 (withdrawn): The adjustable armrest of claim 19, wherein:

the slide block includes a channel; and

the spring is disposed in the channel.

Claim 21 (original): A seating unit, comprising:

a frame;

a seat;

a backrest:

a pair of armrests movably mounted to the frame for movement between forward and rearward positions, wherein the armrests are biased into the forward position;

each armrest including a device selectively retaining the armrests in the rearward position, wherein movement of the armrests releases the device such that the armrests move to the forward position due to the bias.

Claim 22 (original): The seating unit of claim 21, wherein:

the devices include an elongated track having a heart-shaped portion forming a catch, and a movable retaining member engaging the track.

Claim 23 (original): The seating unit of claim 22, wherein:

the armrests each include a armrest base member connected to the frame, and a support member slidably coupled to the armrest base member;

the track is formed in the armrest base member;

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the retaining member is rotatably attached to the support member and includes an extension engaging the track.

Claim 24 (original): The seating unit of claim 23, wherein:

the track includes an elongated generally straight portion, and the heart-shaped end portion is angled relative to the straight portion.

Claim 25 (original): The seating unit of claim 24, wherein:

the heart-shaped portion of the track includes two lobes that intersect to form a notch, and the track includes an extension adjacent the notch that pushes the extension of the retaining member into the notch.

Claim 26 (original): The scating unit of claim 21, wherein:

the devices release upon rearward movement of the armrest.

Claim 27 (original): The seating unit of claim 21, wherein:

the armrests each include a armrest base member connected to the frame, and a support member slidably coupled to the armrest base member;

the support member is movably coupled to the armrest base member to permit side-to-side adjustment of the position of the support member.

Claim 28 (original): The seating unit of claim 21, wherein:

the armrests each include a armrest base member connected to the frame, and a support member slidably coupled to the armrest base member;

the support member is rotatably coupled to the armrest base member to permit rotational adjustment of the support member.

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Claim 29 (original): The seating unit of claim 21, wherein:

the armrests each include a armrest base member connected to the frame, and a support member slidably coupled to the armrest base member;

the support member is movably mounted to the armrest base member to permit vertical movement of the support member to provide height adjustment.

Claim 30 (withdrawn): The seating unit of claim 21, wherein:

the armrests each include a armrest base member connected to the frame, and a support member slidably coupled to the armrest base member;

the armrest base member includes a slide member having opposite sides;

the support member includes a guide member extending around the opposite sides and slidably engaging the slide member.

Claim 31 (original): A seating unit, comprising:

a frame;

a seat;

a backrest;

a pair of armrests movably mounted to the frame for movement between forward and rearward positions, wherein the armrests are biased into the forward position;

a heart and pawl device operably interconnecting the armrests with the frame to selectively retain the armrests in the rearward position, the heart and pawl device biasing the armrests towards the forward position.

Claim 32 (original): The seating unit of claim 31, wherein:

the armrests each include a armrest base member connected to the frame, and a support member slidably coupled to the armrest base member;

the support member is movably coupled to the armrest base member to permit side-toside adjustment of the position of the support member.

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Claim 33 (original): The seating unit of claim 31, wherein:

the armrests each include a armrest base member connected to the frame, and a support member slidably coupled to the armrest base member;

the support member is rotatably coupled to the armrest base member to permit rotational adjustment of the support member.

Claim 34 (original): The seating unit of claim 31, wherein:

the armrests each include a armrest base member connected to the frame, and a support member slidably coupled to the armrest base member;

the support member rotates about a generally vertical axis.

Claim 35 (original): The seating unit of claim 31, wherein:

the armrests each include a base connected to the frame, and a support member slidably coupled to the armrest base member;

the support member is movably mounted to the base to permit vertical movement of the support member to provide height adjustment.

Claim 36 (new): An adjustable armrest for a chair, comprising:

an armrest base member;

a support member movably coupled to the armrest base member for movement in forward and rearward directions between forward and rearward positions relative to the armrest base member, wherein the support member is biased into the forward position; and

a device selectively retaining the support member in the rearward position, the device including a catch and a movable retaining member that is engagable with the catch to retain the support member in the rearward position, wherein the retaining member prevents movement of the support member in the forward direction when the retaining member engages the catch, such that the support member cannot be moved in the forward direction when the retaining member engages the catch, and wherein the retaining member disengages from the catch upon

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movement of the support member to permit movement of the support member in the forward direction relative to the armrest base member.

Claim 37 (new): The adjustable armrest of claim 36, wherein:

the catch comprises a heart-shaped track; and

the retaining member does not restrict movement of the support member relative to the base when the retaining member is disengaged from the catch.

Claim 38 (new): The adjustable armrest of claim 37, wherein:

the device includes an elongated straight track portion connected to the heart-shaped track.

Claim 39 (new): The adjustable armrest of claim 36, including:

a resilient member biasing the support member to the forward position.

Claim 40 (new): An adjustable armrest for a chair, comprising:

an armrest base member;

a support member slidably coupled to the armrest base member for movement in forward and rearward directions along a path between forward and rearward positions relative to the armrest base member;

an energy-storing member generating a biasing force acting on the support member and biasing the support member into the forward position when the support member is positioned at the rearward position;

a device selectively retaining the support member in the rearward position, the device including a catch and a movable retaining member that engages the catch and generates a force opposing the biasing force to retain the support member in the second position, the retaining member disengaging from the catch upon movement of the support member to permit movement of the support member relative to the armrest base member.

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Claim 41 (new): The adjustable armrest of claim 40, wherein:

the biasing force is sufficiently strong to move the support member in the forward direction upon disengagement of the retaining member from the catch when the support member is in a free state wherein no force is applied to the support member by a user.

Claim 42 (new): The adjustable armrest of claim 40, wherein: the energy-storing member comprises a mechanical spring.

Claim 43 (new): The adjustable armrest of claim 40, wherein: the path is linear and extends in a fore-aft direction.

Claim 44 (new): The adjustable armrest of claim 40, wherein:

the catch includes a slot having a heart-shaped portion, and wherein the retaining member is received in the slot.

Claim 45 (new): An adjustable armrest for a chair, comprising: an armrest base member;

a support member slidably coupled to the armrest base member for movement in first and second directions between first and second positions relative to the armrest base member, wherein the support member is biased into the first position when the support member is in the second position; and

a device selectively retaining the support member in the second position, the device including a catch and a movable retaining member that is engagable with the catch to retain the support member in the second position in opposition to the bias, the retaining member disengaging from the catch upon movement of the support member to permit movement of the support member relative to the armrest base member.

Claim 46 (new): The adjustable armrest of claim 45, including: a spring biasing the support member into the first position.

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Claim 47 (new): The adjustable armrest of claim 46, wherein: the spring comprises a mechanical spring.

Claim 48 (new): The adjustable armrest of claim 45, wherein:
the support member is movable in forward and rearward directions; and
the support member is biased in the forward direction.